



But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. Matthew 6:6

CENTERING PRAYER INTRODUCTORY WORKSHOP

Centering Prayer is a method of prayer, which prepares us to receive the gift of God's presence, traditionally called contemplative prayer. It consists of responding to the Spirit of Christ by consenting to God's presence and action within.

This experiential workshop is intended to introduce participants to the method of Centering Prayer and its theological, psychological and historical background. The workshop is designed by Contemplative Outreach and is drawn from *Open Mind, Open Heart* by Fr. Thomas Keating.

Our facilitator will be H el ene Goulet, a certified trainer for Contemplative Outreach Eastern Ontario and Quebec

Date & Time: September 24, 2016 9:30-4:00 pm

Place: Christ Church, Aylmer

101 Symmes Street, (Aylmer Sector), Gatineau, QC (corner of Symmes and Frank-Robinson)

Cost: \$30 refreshments included. Please bring a bag lunch.

Registration & Information: Susan Lewis, susan2wolfworks@gmail.com or 613.878.0081